



pilates

# pilates K神戸三宮店 Lesson Schedule

更新日2024/2/15

2024/3/1~2024/3/15

	3月1日(金)	3月2日(土)	3月3日(日)	3月4日(月)	3月5日(火)	3月6日(水)	3月7日(木)	3月8日(金)	
10:00		10:00~11:00 Hip&Leg Sagiri	10:30~11:30 Advance (members only) Ryon	close	10:00~11:00 Animal Stretch (members only) Moa	10:30~11:30 Shape up Waist (members only) Manami	10:00~11:00 Release&Strength Moa	10:30~11:30 Basic Natsuho	
11:30	10:30~11:30 Back&Spine (members only) Sagiri	11:30~12:30 Back&Arm Natsuho	12:00~13:00 Release&Strength Moa		11:30~12:30 Pilates Cardio Manami	12:00~13:00 Jump to Burn Moa	11:30~12:30 Body Balance (members only) Ryon	12:00~13:00 Advance (members only) Ryon	12:00~13:00 Advance (members only) Ryon
13:00	12:00~13:00 Basic Natsuho	13:00~14:00 Back&Spine (members only) Sagiri	13:30~14:30 Body Balance (members only) Manami		13:00~14:00 Pilates Barre Moa	13:30~14:30 Reset Flow (members only) Ryon	13:00~14:00 Hip Punch (members only) Moa	13:30~14:30 Back&Arm Natsuho	13:30~14:30 Back&Arm Natsuho
14:30	13:30~14:30 Hip&Leg Sagiri	14:30~15:30 Jump to Burn Moa	15:00~16:00 Waist Ryon		14:30~15:30 Basic Natsuho	18:00~19:00 Hip&Leg Sagiri	18:00~19:00 Back&Arm Natsuho	14:30~15:30 Reset Flow (members only) Ryon	18:00~19:00 Stretch&Conditioning Manami
17:00	18:00~19:00 Waist Manami	17:30~18:30 Body Balance (members only) Ryon	16:30~17:30 Pilates Workout (members only) Moa		19:30~20:30 Basic Natsuho	19:30~20:30 Hip&Leg Sagiri	19:30~20:30 Jump to Burn Ryon	18:00~19:00 Basic Sagiri	19:30~20:30 Hip&Leg Sagiri
18:00	19:30~20:30 Pilates Workout (members only) Ryon	19:00~20:00 Animal Stretch (members only) Moa	18:00~19:00 Basic Manami		21:00~22:00 Shape up Waist (members only) Sagiri	21:00~22:00 Basic Natsuho	21:00~22:00 Hip&Leg Sagiri	19:30~20:30 Pilates Workout (members only) Manami	21:00~22:00 Pilates Workout (members only) Manami
19:30	21:00~22:00 Pilates Cardio Manami								

	3月9日(土)	3月10日(日)	3月11日(月)	3月12日(火)	3月13日(水)	3月14日(木)	3月15日(金)	
10:30	10:00~11:00 Pilates Workout (members only) Moa	10:30~11:30 Basic Manami	close	10:00~11:00 Release&Strength Ryon	10:30~11:30 Back&Arm Natsuho	10:00~11:00 Advance (members only) Ryon	10:30~11:30 Back&Arm Natsuho	
12:00	11:30~12:30 Basic Natsuho	12:00~13:00 Reset Flow (members only) Ryon		11:30~12:30 Hip&Leg Sagiri	12:00~13:00 Body Balance (members only) Ryon	12:00~13:00 Basic Natsuho	11:30~12:30 Basic Natsuho	12:00~13:00 Hip&Leg Sagiri
13:30	13:00~14:00 Animal Stretch (members only) Moa	13:30~14:30 Hip&Leg Sagiri		13:00~14:00 Pilates Barre Ryon	13:30~14:30 Basic Natsuho	13:00~14:00 Reset Flow (members only) Ryon	13:00~14:00 Reset Flow (members only) Ryon	13:30~14:30 Basic Natsuho
14:30	14:30~15:30 Basic Natsuho	15:00~16:00 Shape up Waist (members only) Manami		14:30~15:30 Pilates Cardio Manami	18:00~19:00 Basic Sagiri	14:30~15:30 Hip Punch (members only) Moa	18:00~19:00 Stretch&Conditioning Manami	18:00~19:00 Pilates Workout (members only) Moa
17:30	16:00~17:00 Hip&Leg Sagiri	16:30~17:30 Release&Strength Ryon		19:30~20:30 Body Balance (members only) Manami	19:30~20:30 Waist Manami	18:00~19:00 Pilates Barre Moa	18:00~19:00 Stretch&Conditioning Manami	19:30~20:30 Jump to Burn Ryon
19:00	17:30~18:30 Pilates Cardio Manami	18:00~19:00 Back&Spine (members only) Sagiri		21:00~22:00 Back&Spine (members only) Sagiri	21:00~22:00 Hip Punch (members only) Moa	21:00~22:00 Body Balance (members only) Manami	21:00~22:00 Body Balance (members only) Manami	21:00~22:00 Waist Manami
20:30	19:00~20:00 Shape up Waist (members only) Sagiri							

・クラスの種別およびインストラクターは予告なしに変更となる場合がございます。詳細はWEBサイトをご確認ください。

・ご予約されたレッスンをキャンセルされる場合は、1時間前迄にお願いしております。

・レッスン開始時刻1時間前を切ったキャンセルは時間外キャンセルとなります。

※時間外キャンセルが月2回以上で、翌月の予約可能回数が1回に制限されます。



pilates

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2024/3/16~2024/3/31

	3月16日(土)	3月17日(日)	3月18日(月)	3月19日(火)	3月20日(水)	3月21日(木)	3月22日(金)	3月23日(土)	
10:30	10:00~11:00 Basic Natsuho	10:30~11:30 Back&Spine (members only)	close	10:30~11:30 Waist Manami	10:00~11:00 Hip&Leg Sagiri	10:00~11:00 Basic Sagiri	10:30~11:30 Pilates Barre Yuno	10:00~11:00 Advance (members only) Moa	
12:00	11:30~12:30 Reset Flow (members only)	12:00~13:00 Sagiri		12:00~13:00 Back&Spine (members only)	11:30~12:30 Stretch&Conditioning Manami	11:30~12:30 Advance (members only)	11:30~12:30 Moa	12:00~13:00 Animal Stretch (members only)	11:30~12:30 Body Balance (members only)
13:30	13:00~14:00 Back&Arm	12:00~13:00 Animal Stretch (members only)		13:00~14:30 Hip Punch (members only)	13:00~14:00 Shape up Waist (members only)	13:00~14:00 Sagiri	13:00~14:00 Hip&Leg Sagiri	13:30~14:30 Waist Yuno	13:00~14:00 Release&Strength Moa
14:30	14:30~15:30 Body Balance (members only)	13:30~14:30 Basic Yuno			14:30~15:30 Back&Arm Natsuho	14:30~15:30 Shape up Waist (members only)			14:30~15:30 Shape up Waist (members only)
	16:00~17:00 Ryon	15:00~16:00 Hip&Leg Sagiri			16:00~17:00 Pilates Workout (members only)	16:00~17:00 Moa	18:00~19:00 Body Balance (members only)		16:00~17:00 Back&Arm Yuno
17:30	17:30~18:30 Release&Strength Ryon	16:30~17:30 Pilates Cardio Manami			17:30~18:30 Basic Natsuho	17:30~18:30 Basic Ryon	18:00~19:00 Reset Flow (members only)		17:30~18:30 Stretch&Conditioning Manami
19:00	19:00~20:00 Basic Natsuho	18:00~19:00 Pilates Barre Yuno			19:00~20:00 Waist Yuno	19:00~20:00 Pilates Cardio Manami	19:30~20:30 Basic Natsuho		19:00~20:00 Basic Yuno
20:30	20:30 Hip&Leg Moa				21:00~22:00 Basic Natsuho		21:00~22:00 Back&Spine (members only) Ryon		
21:30								21:00~22:00 Jump to Burn Ryon	

	3月24日(日)	3月25日(月)	3月26日(火)	3月27日(水)	3月28日(木)	3月29日(金)	3月30日(土)	3月31日(日)
10:30	10:30~11:30 Pilates Workout (members only)	close	10:00~11:00 Body Balance (members only)	10:30~11:30 Jump to Burn Ryon	10:00~11:00 Back&Arm Natsuho	10:30~11:30 Waist Yuno	10:00~11:00 Hip Punch (members only)	10:30~11:30 Basic Natsuho
12:00	12:00~13:00 Jump to Burn Moa		11:30~12:30 Reset Flow (members only)	12:00~13:00 Basic Natsuho	11:30~12:30 Pilates Workout (members only)	12:00~13:00 Basic Natsuho	11:30~12:30 Waist Yuno	12:00~13:00 Back&Spine (members only)
13:30	13:30~14:30 Back&Spine (members only)		13:00~14:00 Waist Manami	13:30~14:30 Hip&Leg Ryon	13:00~14:00 Basic Natsuho	13:30~14:30 Shape up Waist (members only)	13:00~14:00 Release&Strength Ryon	13:30~14:30 Advance (members only)
14:30	15:00~16:00 Basic Manami		14:30~15:30 Hip Punch (members only)	14:30~15:30 Ryon	14:30~15:30 Pilates Barre Yuno		14:30~15:30 Hip&Leg Sagiri	15:00~16:00 Reset Flow (members only)
17:30	16:30~17:30 Waist Yuno		18:00~19:00 Basic Natsuho	18:00~19:00 Shape up Waist (members only)	18:00~19:00 Basic Sagiri	18:00~19:00 Basic Yuno	18:00~19:00 Animal Stretch (members only)	16:30~17:30 Pilates Barre Yuno
19:00	18:00~19:00 Pilates Cardio Manami		19:30~20:30 Hip&Leg Sagiri	19:30~20:30 Advance (members only)	19:30~20:30 Stretch&Conditioning Manami	19:30~20:30 Stretch&Conditioning Manami	19:30~20:30 Hip&Leg Sagiri	18:00~19:00 Hip&Leg Moa
20:30			21:00~22:00 Back&Arm Natsuho	21:00~22:00 Back&Spine (members only)	21:00~22:00 Shape up Waist (members only)	21:00~22:00 Shape up Waist (members only)	21:00~22:00 Body Balance (members only)	
21:30								

**STUDIO INFO**

☎専用ダイヤル：0570-050-055

受付時間：9:00~18:00

※上記受付時間外はお電話でのご予約は承っておりません。インターネットからのご予約をご利用下さい（24時間受付）